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Credit downgrade may cost province \$300M in interest

DEBT

**Provincial NDP
dispute claim made
by Alberta Party**


Jeremy Simes
For Metro | Calgary

The loss of the Alberta NDP's AAA credit rating might cost the government \$300 million more in interest charges over the course of 10 years, according to Alberta Party Leader Greg Clark.

Last week, the government's 2015-16 finance report showed it spent \$776 million in debt servicing, a \$48-million increase from \$728 million in 2014-15. And Standard and Poor's has since downgraded the Alberta government's credit score from AAA to AA.

Though Ministry of Finance spokeswoman Leah Holoiday said the Alberta Party's \$300-million figure is incorrect, the ministry couldn't determine what the interest charges will be as they are influenced by more than just its credit

rating; it includes the price of oil and the perceived liquidity of its debt in the marketplace. Interest rates also vary widely per bond transaction. For example, the effective cost of debt on one five-year bond worth \$1.9 billion is 1.42 per cent, while it's 3.29 per cent for another 30-year bond worth \$1 billion.

Clark said the Alberta Party determined the \$300-million figure by calculating the difference between current and future costs to borrow money.

He said the government hasn't yet started to rollover existing debt but, once it does, 20 per cent of debt will have to be re-financed at a higher rate over the course of five years. Government debt is currently more than \$19 billion.

The \$300 million is also subject to change if underlying economic assumptions change, Clark said, adding, "which most likely will deteriorate further because of NDP mismanagement."

"We're confident our \$300-million number is a fairly conservative estimate," he said. "It could actually be higher."

But Holoiday emphasized "a direct correlation between cost of debt and credit rating" can't be attributed.



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BYLAWS

Uber back on the road

Uber announced Thursday that it would resume Edmonton operations for the long weekend.

The company has fewer drivers than before, however, as it will comply with new provincial legislation that requires its drivers to hold licences higher than Class 5.

Transportation Minister Brian Mason announced an insurance policy for rideshare services Tuesday that took effect Friday.

"While we're pleased to re-launch our operations in Edmonton today, provincial licensing requirements create unnecessary barriers for the vast majority of Albertans who are looking to use technology to share their rides," said Uber's Alberta General Manager Ramit Kar.

KEVIN MAIMANN/METRO

INFRASTRUCTURE

102 Avenue Bridge set to open in Aug.

Alex Boyd
Metro | Edmonton

The 102 Avenue bridge, a.k.a. the span over Groat Road that buckled last year after its girders weren't properly braced, is expected to open to cars and pedestrians in early August.

Pointing to warm weather that allowed construction to get going in April, Adam Laughlin, Deputy City Manager of Integrated Infrastructure Services, said this is earlier than the late-September date originally anticipated.

"Our priority has always been to open up the bridge as soon as it was safe to do so," he said. "We're all looking forward to re-opening this important corridor."

METRO EXPLORES THE STRANGE SIDE OF KIJIJI CLASSIFIEDS

Want a buffalo head with that sex bed?

Kijiji is a go-to source for many Edmontonians seeking a room to rent or a cheap couch to put in it. But the buy-and-sell website is also rife with oddities for people who are into just about anything, and a hot spot for an array of services from date advice to ghost busting. Here are five of the most unusual ads we found in our local Kijiji classifieds with a little poking around.



Kevin Maimann
Metro | Edmonton

SEX BED

Lay down for a lie-down

Sometimes Kijiji tugs at your heart strings, like the case of the man attempting to sell a "sex bed" with shredded foam that he bought for his girlfriend before she dumped him. "I no longer have a sex life, but it can help yours," he writes.

MARIO KART

Kart away a great game

Cruise down Rainbow Road in a 1994 Dodge Caravan adorned with expert paintings of your favourite Mario Kart characters. Hang out with Yoshi and the gang, but remember: It's illegal to toss banana peels out the window.

Alex Boyd
Metro | Edmonton



“
I no longer have a sex life, but it can help yours.
Kijiji seller of a "sex bed"

CAUTION

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PARANORMAL RESEARCH TEAM

Library to relocate during renovations

CONSTRUCTION

Milner due to undergo three-year \$62.5M facelift

Ryan Tumilty
Metro | Edmonton

Edmonton's downtown library will be relocated for as much as three years during a massive renovation set to start early in 2017.

The library announced last week that the Milner Library would close during the planned renovation and a new temporary facility would be set up in the Enterprise Square building on Jasper Avenue.

Library CEO Pilar Martinez said while they had initially considered keeping the Milner open during renovations, as

detailed design work evolved it became clear that wouldn't work.

"Safety was a huge thing. We are dealing with a building that has asbestos, so there is a fair bit of abatement that had to occur," she said.

She said keeping the building open during renovations would also have cost the library a significant amount of money.

"It's in the millions and we save about a year in terms of construction timelines, just by having the workers not have to work around staff," she said.

Martinez said the Enterprise Square location will have about 17,000 feet of space for the temporary facility and most of the library's current services will be available there. She said it's an ideal location to keep offering services.

"It has easy LRT access, it fronts Jasper Avenue, and we have some great windows with natural light."

The library's renovation is



This rendering shows what the Milner should look like inside after the renovations are complete. CONTRIBUTED

an ambitious plan to re-skin the building, while also overhauling the mechanical systems. It is budgeted at \$62.5 million, which Martinez said

is still going to be achievable.

She said the move to Enterprise Square will be funded out of the library's existing operations.

UNIVERSITY OF ALBERTA

Three professors top 'sunshine' list

Alex Boyd
Metro | Edmonton

Three professors at the University of Alberta made more than half a million dollars in base salary in 2015, according to data disclosed Thursday.

Topping the so-called "sunshine list" was Verna Yiu, now president and CEO of Alberta Health Services, at \$568,321.

Business professor Randall Morck made \$542,706, and Carlo Montemagno, a professor in the department of chemical and materials engineering, made \$538,345.

Also above the half million mark were vice-president (research) Lorne Babik and former president Indira Samarasekera.

Speaking to reporters Thursday, Provost Steven Dew said that in order to attract the best, you have to pay well.

"We work in a global marketplace, so our people routinely come from and are recruited away to top schools globally. We need to be cognizant of that market and respond to it."

He adds that the average salary of a professor at the University of Alberta is \$145,000, ranking them third among Canada's top 15 research schools.

While he points out compensation is based on "a complex set of factors," including their responsibilities, the area in which they work and market factors, he adds the high six figure salaries are reserved for "our very top performers."

"(Those) who typically would have been here for quite a long time, so they've accumulated a lot of experiences," he said, "and are involved in extraordinary research activities."

Mike Sandare, Student Union vice-president (external), applauded the move towards more transparency, and said students generally don't begrudge paying professors competitive salaries to ensure high quality instruction.

"However, only about half of the individuals on the list are instructors. Many of these individuals are in administration, and the direct benefit to students is a lot less clear," he said in an email.

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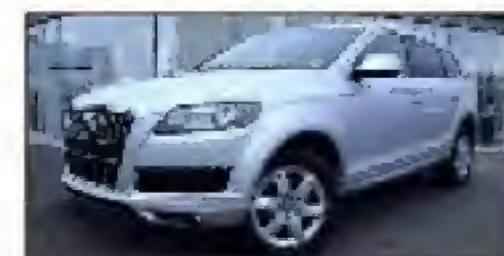
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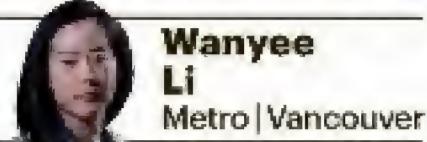
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REPORT

Immigrant kids lag in swimming skills



**Wanyee
Li**
Metro | Vancouver

Immigrant tweens are more at risk of drowning, as almost one in five youth who were not born in Canada can't swim — yet the vast majority of them participate in water activities.

According to a recent report from the Lifesaving Society, 17 per cent of immigrant youth aged 11 to 14 don't know how to swim, compared to only three per cent of their Canadian-born counterparts.

That statistic doesn't surprise one Vancouver lifeguard.

"We very seldom have people who cannot speak English in our classes. Once in a while we do come across that barrier," said Anson Siu, aquatic leader at Killarney Community Centre.

Young adults, 20 to 24 years old, have one of the highest drowning rates among Canadians, with 46 deaths in 2015, according to that year's Canadian

Drowning Report.

"If all school-aged children can learn basic swimming survival skills, we believe we can really reduce the number of drownings," said Barbara Byers, public educator at Lifesaving Society.

As many as 93 per cent of new Canadians aged 11 to 14 reported participating in activities on, around, or in water, according to the report, called The Influence of Ethnicity on Tweens Swimming & Water Safety in Canada.

Immigrant parents may not be aware of how important it is for children to know how to swim because there are a lot of big milestones to hit in those first years, Byers acknowledged.

"The priority, naturally, is to get a job, get a place to live and get their kids in school. They just may not realize that in order to swim, you need some instruction, you need some training."

Surveying immigrant youth also revealed potential cultural barriers when it came to swimming lessons, said Byers.

WILDFIRE

Firefighters battling guilt over properties lost, chief says

The man who led the battle against The Beast says many Fort McMurray firefighters are now wrestling a different set of demons.

Fire Chief Darby Allen says the emotional toll is hitting home for the crews who worked non-stop for days to beat back the ferocious wildfire that breached the northeastern Alberta city two months ago.

"They went through one of the most significant events that any firefighter could ever go through."

Allen said in a recent interview at Fire Hall No. 1 in downtown Fort McMurray.

Counselling services have been offered from the beginning, but Allen said it's important that help is available for the long haul.

The blaze was so tough to subdue that Allen has likened it to a wild animal.

"It did seem to have a brain. It did seem to want to do things that we didn't want it to do. And whatever plan that we came up with, it seemed to come up with its own plan and fight us at every level."

In the end, about 10 per cent of the town was destroyed, with the majority of the Abasand, Beacon Hill and Waterways neighbourhoods reduced to rubble.

Now, one of the toughest



They wanted to stay and they couldn't stay.

Fire Chief Darby Allen, who says the call to pull firefighters out of some areas was a matter of life and death.

emotions firefighters are battling is guilt, said Allen.

"You can't put all of the fire out and sometimes you have to give up an area to go on to another area," he said. "Sometimes you have to make decisions where you're going to lose certain properties to save as many properties as we did."

In the city generally, it's a tough time emotionally for residents, said Mayor Melissa Blake.

Alberta Health Services did close to 13,000 counselling sessions between May 10 and June 28, said spokesman Kerry Williamson.

THE CANADIAN PRESS



CELEBRATION TRUDEAU PROUD TO MAKE HISTORY

Prime Minister Justin Trudeau waves a flag as he takes part in the annual Pride Parade in Toronto on Sunday. Canada's largest Pride parade marked another milestone Sunday as a sitting prime minister marched for the first time in the colourful celebration, which was tempered by last month's shooting massacre in Orlando. A river of multi-coloured floats and marchers came to a halt and stood in silence along with masses of onlookers to remember the shooting's 49 victims. Trudeau said the Florida tragedy is a reminder that "we can't let hate go by."

MARK BLINCH/THE CANADIAN PRESS

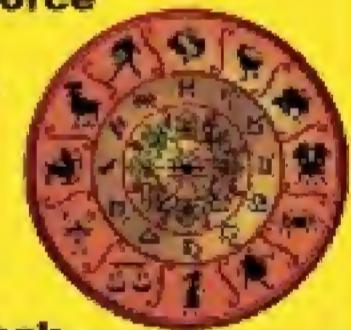
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Irqi women wait to hear about family members who went missing after a car bomb hit Karada, a busy shopping district in the centre of Baghdad on Sunday. HADI MIZBAN/THE ASSOCIATED PRESS

Car bomb kills 115 people in Iraq

BAGHDAD

Children among victims in attack on shopping area

A suicide truck bomb in downtown Baghdad killed 115 people and wounded nearly 200 others who were out shopping and celebrating early Sunday ahead of the holiday marking the end of Ramadan, security and medical officials said.

The attack, claimed by Daesh (also known as the Islamic State group), was the deadliest in months in the Iraqi capital, and

came despite a series of recent gains against the extremists, including the capture of Fallujah, which was believed to have been a source of such attacks.

The bomb went off shortly after midnight in a crowded shopping area in the central Karada district, killing at least 115 people and wounding 187, according to a police official. The dead included at least 15 children, 10 women and six policemen. At least 12 other people were still missing and feared dead.

Karada is a major commercial area lined with clothing and jewelry stores, restaurants and cafés, and was packed with shoppers ahead of Wednesday's Eid

al-Fitr holiday marking the end of Ramadan. Most of the victims were inside a multi-storey shopping and amusement mall, where dozens burned to death or suffocated, police said.

It was the deadliest attack in Iraq since July 2015 and among the worst single bombings in more than a decade of war and insurgency.

"It was like an earthquake," said Karim Sami, a street vendor. "I wrapped up my goods and was heading home when I saw a fireball with a thunderous bombing," the father of three said.

"I was so scared to go back and started to make phone calls to my friends, but none answered."

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URBAN ETIQUETTE ELLEN VANSTONE



Hello Ellen,

Since my friend's recent marriage, she only wants to meet after dinner around 8 or 9. I try to convince her to meet for dinner, or a quick coffee after work, but she says she has to go home and cook for her husband. I'm all for cooking for your husband and so on (least feminist person here) and I'm getting married soon, but it seems silly and unreasonable! Yes, your marriage comes first, but you need to have hobbies and friends separate from your partner. How do I tell my friend without insulting her that her husband can fend for himself for one evening?

Signed,
Desperate for advice

Dear Desperate,

I'm sorry to hear you do not consider yourself a feminist, since you clearly believe in the crazy feminist notion that non-male persons are just as entitled to their own hobbies and friends as male persons are, and that male persons are actually capable of feeding themselves when left alone.

Perhaps you don't understand that "feminism" is simply the belief that all humans

THE QUESTION

My friend won't have coffee with me until after she's gone home to make dinner for her husband. How do I tell her that she's going overboard?



© A. Castillo

deserve to be treated with equal respect and opportunity. Or perhaps as a non-feminist you actually think "women's work" is less valuable than men's; and that a woman doing the same job as a man should be paid less. Or perhaps as a non-feminist you think that the laws of man and nature dictate that you are inferior to your future husband in a moral, physical, or some other fundamental way, and thus you fully plan to submit to

his every wish and command throughout your marriage in matters that do not include your hobbies and friends. Well, good luck to you, I say.

In the meantime, I absolutely agree with you that your friend is misguided if she thinks a good marriage depends on cutting off old friends at the dinner hour. But before you barge in and tell her this, my advice is to hold your tongue until you know exactly what's going on.

If she's simply madly in love and can't stand being away from her guy during the honeymoon phase, rest assured this period will end soon enough, so why not let her enjoy it while it lasts?

If she's one of those odious people who think couple activities automatically trump plans with socially undesirable singletons, there's no point in saying everything, ever.

Do your couple thing with her once you're married too, but remember how you felt being rejected as a single "date" and try to be more courteous toward your own single friends.

If she's being bullied into rushing home and slaving over a hot stove for a tyrant, but she's too ashamed to tell you, then what she needs right now is your non-judgmental support. If and when she opens up, you can then offer help rather than a lecture.

Keep in mind that it's also possible her husband is making her breakfast in bed every day, then packing her a nutritious three-course lunch, in which case you might consider that her making dinner is merely part of a sweet deal.

Please also consider your ideas of what a feminist is, because you — as a loyal, concerned friend and an independent thinker and a self-respecting human being who believes in open and honest communication — sure sound like one to me.

Need advice?
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ROSEMARY WESTWOOD

Women still second-class sexual citizens

It's not hard to see why women might think their genitals are dirty.

Our anatomy doesn't get half the cultural love or metaphorical dominance of the penis.

Even the word vagina is somehow taboo. Add to that the ubiquity of women's pubic-hair grooming — shaving, waxing, dying, bedazzling — and it seems that if anyone's sexuality needs to be made pretty, it's women's. Nevermind that our species has been knocking boots for centuries without nary a shower in sight: In a survey published in the journal JAMA Dermatology last week, 84 per cent of women said they groom, and 59 per cent cited the main reason as "hygiene."

In her book, Barmak takes a wide look at this: historically imbalanced science in which studies on women's sexuality trail men's by three to one; the real physiological complexity of women's sexual organs; grassroots efforts — like orgasm workshops and clit-stroking meditation — that seek to re-centre women's pleasure, if only in the lives of women themselves.

As doctors in one New York Times article noted, that is ridiculous. Aside from some daily soap action, women's genitals don't need to be made clean. And it's hard not to read myriad sexual hang-ups into the suggestion that they would be.

It seems come-as-you-are sexuality still belongs mostly to men, whom western culture has deemed the gold standard for good times in bed. In her new book, Closer: Notes from the Orgasmic Frontier of Female Sexuality, Sarah Barmak has attempted to define this new place, where sex is omnipresent, but the actual sex we're having isn't always

that great. The ho-hum reality is that 40 per cent of women in a large 2013 British survey said they're low on sex drive. More than half reported some kind of sexual discomfort or dysfunction.

Men's sex lives obviously aren't perfect, Barmak told me during a conversation for my podcast, Nth Wave, but women are, according to the data, having less of a good time. (She noted the 2015 Vanity Fair Tinder story where women complained the popular app was a great way to have a ton of unsatisfying sex.)

In her book, Barmak takes a wide look at this: historically imbalanced science in which studies on women's sexuality trail men's by three to one; the real physiological complexity of women's sexual organs; grassroots efforts — like orgasm workshops and clit-stroking meditation — that seek to re-centre women's pleasure, if only in the lives of women themselves.

The book is a "provocation, a poke, food for further thought," she notes, incomplete by nature since a comprehensive exploration of sexual identities and preferences would take a few more books.

But every poke in the right direction is a good one. There's no one single, normal way to be sexual, she concludes. My amendment: As long as you're truly feeling good about you.

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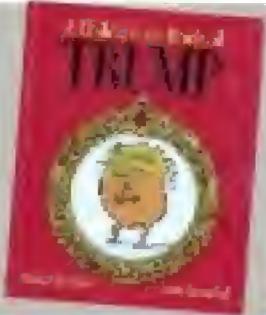
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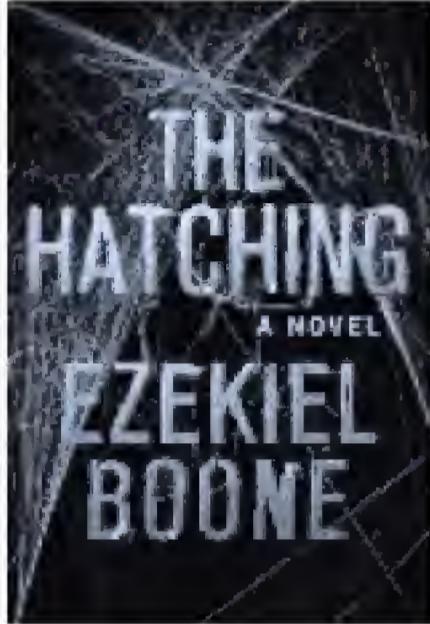
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BOOK EXCERPT THE HATCHING: A NOVEL, BY EZEKIEL BOONE

'There was clearly something wrong'



Looking for a good summer read to take to the beach or the cottage? Well, hopefully you aren't arachnophobic.

Set over the period of a week, Ezekiel Boone's **The Hatching** — out Tuesday from Random House — is the hair-raising tale of ancient and vicious flesh-eating spiders that return to terrorize the world.

In this excerpt, agent Mike Rich is called by the director of the FBI to investigate a mysteriously downed plane.

EXCERPT FROM THE HATCHING. COPYRIGHT © 2016 EZEKIEL BOONE. PUBLISHED BY RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED, A PENGUIN RANDOM HOUSE COMPANY. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Frantic, he ran the light on the wall and then the ceiling, then across Henderson's face and torso and down the burnt flesh and exposed bones of Henderson's leg. And there. Relief. The spider. On the ground.

It was moving slowly. Mike knew it wasn't the right word for an eight-legged thing, but it looked as if the spider was limping. He squinted and leaned over.

There was clearly something wrong with the bug — two of its legs weren't moving and it was dragging its body along the ground. Maybe it had been injured in the crash or gotten burned too? Mike shook his head. Who cared what happened to the spider? The only question that mattered was, how the f— had it gotten into Henderson's head?

Except, Mike realized, as he watched the spider dragging its body across the floor, the question that was bothering him the most was, why in all of the angels of mercy was the spider coming toward him? Because it was absolutely headed toward him. It wasn't trying to get away or hide or even oblivious of Mike. It wasn't doing any of the things that to Mike, in his limited experience with creepy



crawlies, seemed natural.

No, it was clearly moving in his direction.

Mike tried stepping to the side, and the spider changed its line, angling toward him again. Mike took another step to the side and banged into the table that was next to Henderson's chair, and again, the spider changed its bearing. Mike started to reach for his gun, but he quickly realized that shooting a spider might be overkill.

He started to psych himself up to just squash the thing with his foot — it might be big and hairy and incredibly creepy what with the eating its way out of Henderson's face and then making a beeline for Mike, but it was still something he could stomp on — when the spider stopped moving on a dark spot on the floor.

It took Mike a second to understand what the spider was doing.

The dark spot on the floor was blood. He looked at the suit jacket wrapped around his hand and saw a drop of blood fall to the floor.

He had been bleeding on the floor.

The dark spot on the floor was his blood.

And as near as he could tell, the spider appeared to be feeding.

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Movement and adventure

WHY I LIKE MY JOB

Bentley Hamm, 44, Owner/Operator of Hammerhead Heavy Haul, Inc. in Aldersyde, Alta.

A career as a truck driver promises a lot of movement, adventure and the chance to explore the world. I grew up in northern Saskatchewan and rarely had the opportunity to leave the area, so as a kid I was intrigued when I overheard a handful of truck drivers talking about where they'd been and what they'd seen. I was sold.

I obtained my commercial licence at the age of 18, and bought my first truck when I was 21. Today, I operate under Mullen Trucking's owner-operator contract, hauling heavy equipment for mining and construction projects across North America.

The job is more complex, challenging and thought-provoking than you might expect. Imagine driving a 34-wheel vehicle that's so big you don't know whether you're going to fit through anything. Manoeuvring challenges like this truly makes my job one-of-a-kind.

Although I'm aware of self-driving vehicles and how they might threaten the trucking industry, I am responsible for far too many things that autonomous vehicles simply cannot do. Chains and loads will and do come loose, and it takes a human hand to manage it. But if you want to preserve your longevity in this business, my suggestion is to do your research and specialize in a form of transport that cannot be automated.



THE BASICS: Truck Driver

\$53,597

Median salary for drivers of heavy trucks or tractor-trailers. Drivers specializing in the delivery of hazardous chemicals, or those who travel for extended periods of time can earn upwards of **\$75,000** annually.

+8%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, academycanada.com, jobbank.gc.ca and oneronline.org.

HOW TO START

A simple Google search can go a long way in pinpointing local driving courses and training programs. A recognized driving school will prepare students to pass both the written and practical exams. Most courses provide students with the skills required to safely transport goods and materials over long distances. Prospective drivers will need to obtain the appropriate provincially-regulated licence.

WHERE YOU CAN GO

Despite advances in automation, the use of heavy vehicles and trucks for long-distance transportation remains a popular route for commercial businesses. Licensed drivers may specialize in a number of areas related to heavy haul transportation, and can even find rewarding work as dump truck drivers, moving van drivers, or tow truck drivers.

NEXT CAREER STEP

Those interested in driving their careers forward should seek fundamental training in current transportation technologies, including internet and global tracking systems. Other opportunities for advancement exist for aspiring driving instructors, dispatchers and fleet/transportation managers. Some truckers may opt to start their own trucking business, beginning with the purchase of their own delivery vehicle.

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HEALTH AND WELLNESS

Relax with these 5 tips on summer airport travel

Summer is peak travel season and airports from coast to coast are bursting at the seams. Whether flying for business or pleasure, make your air travel experience go smoothly with these five expert tips from Roch Le-febvre, seasoned traveller and services director for Air Canada:

1. Take a breather, and think before packing. Most people bring too much, but forget basics like underwear or sunscreen. Make a checklist of all the things you'll need, and save it on your computer or smart device so you can use it again on your next trip.

2. Know your carry-on and checked baggage allowances, including dimensions and prohibited items, before packing. Remember that any liquids in your carry-on need to be in

containers measuring 100 mL or less. Instead of buying overpriced travel-sized toiletries, save with environmentally friendly refillable mini containers for your shampoo and creams.

3. Double check that the details of your itinerary including name spelling, date, time, seat assignment etc., are correct to avoid delays — or worse, a missed flight. Also make sure to enter your frequent flyer card info when you purchase your ticket, and check that the name on your passport and points card match up so you don't miss out on those miles.

4. Take advantage of online services. When you buy your ticket, select your meal-type preference and indicate any dietary restric-



ISTOCK

tions so you know you'll have something you can eat on the plane. Another time-saver is checking in online up to 24 hours before departure and selecting your seats before arriving at the airport. An electronic boarding pass will be sent to your email or phone that you can use to get through security and board

the plane.

5. Above all, relax, use common sense and enjoy your travels knowing that at Air Canada safety is first and last, all the time. When you see the red maple leaf on the aircraft tail, you know you're one step from home.

— NEWS CANADA

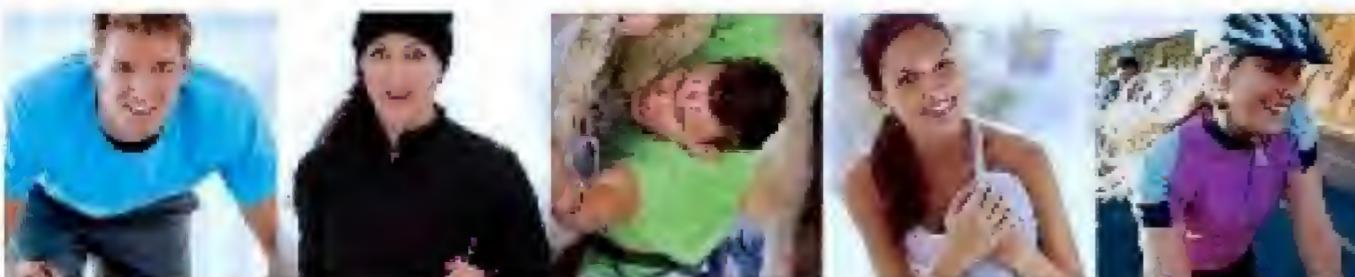
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BEFORE YOU REACH FOR THOSE READING GLASSES, READ THIS

Thousands of Canadians have to reach for their reading glasses before they grab their favourite book to enjoy — but it doesn't have to be that way.

What used to sound impossible is now a reality for thousands of Canadians who need reading glasses as a promising new treatment is now available at Gimbel Eye Centre in Calgary and Edmonton, according to Chief Operating Officer Gregg Becker.

The process is quite new to Canada but is being used in many other parts of the world including Japan and Europe.

"The KAMRA inlay one of the most promising treatments we at Gimbel have found to address the age old challenge of eyes that come to need reading glasses. This surgery basically reduces or eliminates the need for reading glasses in our patients," Becker says. "I've had it done and it reduced my use of reading glasses by about 80 per cent."

The KAMRA inlay itself is a high tech insert, which is placed into the cornea of one eye in a simple and short procedure, with no pain, and it uses the same laser technology as other procedures done at Gimbel, which have been used for decades

It's just another reason why Gimbel Eye



ISTOCK

Centre is a pioneer in safe and high quality service for over 50 years in Alberta as it continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry," Becker adds.

For more information, please visit gimbel.com.

DON'T IGNORE THE WEAR AND TEAR ON YOUR FEET

We live in an age where people counting their everyday steps have become the norm.

People spend an average of four hours each day on their feet taking approximately 8,000 to 10,000 steps daily — that's a lot of wear and tear on our feet, according to Edmonton Chiropractor Dr. Brian Gushaty.

"It's easy to forget about the part of our body that is taking the brunt of those steps, which is our feet. Many people may suffer from foot conditions and the repetitive stress can take a toll and worsen them," he explains.

Factor in the penchant for Canadians to wear flip flops or sandals during the spring and summer and you have a recipe for painful foot conditions.

"People may love to wear flip flops but they offer no arch support, heel cushioning or shock absorption and can lead to feet conditions like tendinitis."

Many people also suffer from plantar fasciitis - also known as jogger's heel -

which is one of the most common causes of heel pain.

"The plantar fascia is the flat bed of tissue connecting the heel bone to the toes and supports the arch of the foot. If the plantar fascia is strained, it gets weak, swollen and inflamed. This causes the heel or bottom of the foot to hurt when standing or walking," Gushaty says.

Plantar fasciitis is characterized by sharp stabbing pain in the bottom of the foot near the heel. The pain worsens by bearing weight after long periods of rest. Individuals with plantar fasciitis often report their symptoms are most intense during their first steps after getting out of bed or after long periods of sitting.

There are factors that increase the risk of plantar fasciitis including age, exercise, faulty foot mechanics, excess weight, and occupations that involve a lot of standing.

While some foot conditions are obvious, many others need to be diagnosed and your chiropractor is able to perform a physical

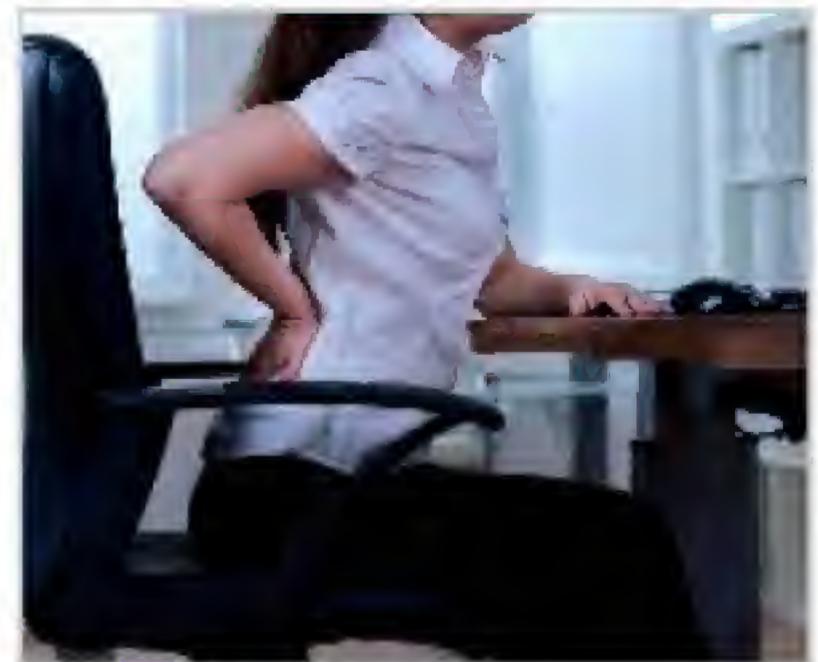


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examination on your feet and may prescribe certain exercise, orthotics or even encourage rest.

More information, including where to find a chiropractor near you, can be found at albertachiro.com.

EveryBODY wants to... Feel better. Move better. Live better.



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www.albertachiro.com



DON'T LET SUMMER ALLERGIES GET IN THE WAY

Congestion, coughing, sneezing, itchy eyes and an irritated throat — these are just some of the symptoms allergy sufferers experience during the summer when the allergy season is at its highest.

While summertime is one of the most enjoyable seasons for many people, allergies can often get in the way of enjoying the sunshine outdoors where the pollen levels are highest, according to Simply Health franchiser Azlim Velji.

"Allergic reactions are often unexpected and can occur during any season but especially in the summer. It kicks in when the immune system triggers chemicals, particularly histamines, to attack foreign substances perceived by the body as harmful," Velji says, adding that over 35 million people in North America are afflicted by sudden allergic responses every year.

It can be difficult to distinguish between an allergy but if the eyes are really itchy, there is a lot of sneezing and the nose is super itchy, then it's likely allergy-related.

"But there is hope for sufferers," he adds.

Velji says Bell Lifestyle Products allergy formula is a perfect supplement to have all-year-

round, in case of unexpected allergic reactions, particularly during high allergy seasons like spring and summer.

"It is a natural allergy aid that blends renowned and science-backed phyto-nutrients that help to optimize immune system health. This product is your ultimate year-round aid for optimizing immune response and maintaining healthy respiration and comfort."

This formula contains a balance of time-honoured herbs that are regularly used in flavourful cooking and are appreciated for their health-supporting qualities. The plants rounding out this combination are basil, sage, peppermint and rosemary.

Simply Health is a health food store with five locations in the Edmonton-area. With leading customer care and the health practitioners that are well-versed in health care options,

Simply Health provides customers with natural health books, journals and articles to browse at no extra charge.

"We're committed to customer care and our knowledgeable staff is always available to help with health-related concerns. It's important people know what options they have and we're here to help," Velji says.



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In his first start since winning the U.S. Open, Dustin Johnson closed with a 4-under 66 to win the Bridgestone Invitational

France has no chill

EURO 2016
QUARTER-FINALS

Host finds ruthless attack to oust Iceland

Olivier Giroud scored two goals to lead France to an emphatic 5-2 victory over Iceland on Sunday, sending the hosts into a European Championship semifinal against Germany.

It was a humbling but far from embarrassing exit for Iceland, which was playing in its first-ever international tournament and progressed much further than expected.

The French, though, have discovered their attacking ruthlessness just in time for their first semifinal in a decade on Thursday in Marseille.

"We have a lot of desire to get our own back for what happened at the World Cup," Giroud said of the quarter-final loss to eventual champion Germany two years ago.

Giroud, who was booed by the team's fans in May, is proving to be an essential component of Les Bleus, netting the opener and heading in France's fifth goal in the second half at the Stade de France.

And he was clearly glad to be popu-



SUNDAY In Saint-Denis



lar again with the supporters.

"I am delighted for the players as they deserve this, and for these fans who have been behind us for months," the Arsenal striker said through a translator. "To be able to offer them something to make them smile and feel happy ... I'm delighted about that."

Giroud helped to set up goals for Dimitri Payet and Antoine Griezmann, while Paul Pogba also scored in the first half for France, whose previous goals at Euro 2016 had all come after the break.

"I felt really good physically right from the start," Giroud said. "We are used to making bad starts ... but we were very clinical which is nice from a personal perspective."

The night began with rain descending on the field and the Viking slow capping ritual, with its "Huh" chant, booming around the stadium from the Iceland fans.

France wasn't going to have its home stadium to itself and Gylfi Sigurdsson even had the game's first shot although it was easily saved by France captain Hugo Lloris.

Iceland midfielder Aron Gunnarsson applauds the fans' support.
TOBIAS SCHWARZ/AGENCE FRANCE PRESSE/GETTY IMAGES



Olivier Giroud, second from left, heads the ball for France's fifth goal against Iceland on Sunday. MIKE HEWITT/GETTY IMAGES

But inspirational chants and a strong team ethic only take a team so far. This was a night of French superiority, when stature and skill of the hosts was too mighty to curb.

Kolbeinn Sigthorsson and Birkir Bjarnason provided the goals for Iceland.

"We didn't handle it well mentally (in the first half)," joint-coach Lars Lagerback said. "But we showed in the second half it wasn't something physical in

SEMIFINALS

Wednesday

Portugal vs. Wales

Thursday

Germany vs. France

the team, we reloaded."

"Iceland didn't give up at any stage," Giroud said. "They were a very valiant and determined side who kept on going until

the end."

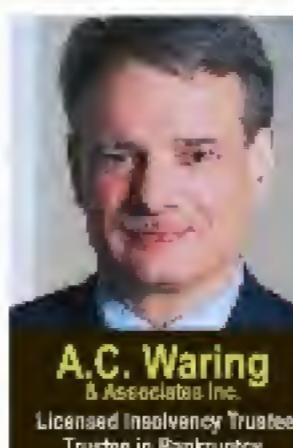
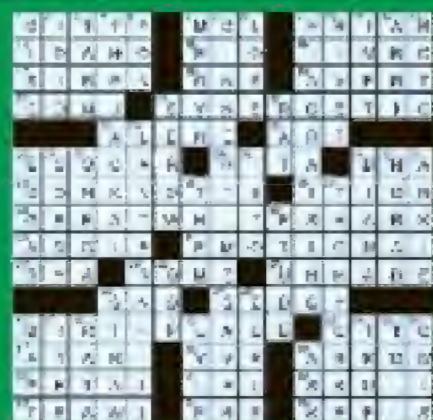
And its fans remained chanting in their seats long after the final whistle, taking in the surroundings.

It was an enchanting tournament debut by Iceland, drawing against Poland before eliminating England — an achievement that will be remembered along with the feats of the new European champion, to be crowned back at the Stade de France next Sunday. THE ASSOCIATED PRESS

WEEKEND'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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OILERS

Chiarelli certain team has improved

Peter Chiarelli admits there's a risk in every decision he makes.

But the Edmonton Oilers general manager said Friday that he's happy after three days of dealing that landed him power forward Milan Lucic, defenceman Adam Larsson and backup goaltender Jonas Gustavsson.

"I think we have improved our team significantly," he told a news conference to introduce Lucic. "Milan is an impactful player who will change a lot of things here. I love the way he plays."



Milan Lucic
GETTY IMAGES

Lucic, 28, signed a seven-year, \$42-million US deal with Edmonton shortly after the NHL free agency period opened. The six-foot-three, 233-pound winger played with the Los Angeles Kings last season.

Lucic said his decision to sign with Edmonton came down to two factors: the opportunity to play with centre Connor McDavid and his familiarity with Chiarelli, who he won a Stanley Cup with in Boston.

The Oilers are looking for Lucic to replace left-winger Taylor Hall, their leading scorer last season, who was traded to New Jersey on Wednesday.

The Oilers also signed goaltender Gustavsson to back up starter Cam Talbot and defenceman Mark Fraser to a one-year contracts.

Edmonton also signed defenceman Ethan Bear on Saturday, then followed that up on Sunday by signing winger Taylor Beck. THE CANADIAN PRESS

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14 Monday, July 4, 2016

metro SPORTS

Henderson wins again in Portland

LPGA

Ontario native survives tense back nine for third tour title

Canada's Brooke Henderson survived some tense moments on the back nine on the way to defending her title at the LPGA Cambia Portland Classic on Sunday with a four-stroke victory.

The second-ranked Henderson, from Smiths Falls, Ont., shot a 14-under 274 after a final round 71 at Columbia Edgewater Country Club, pulling away from American Stacy Lewis, who shot a 10-under 69.

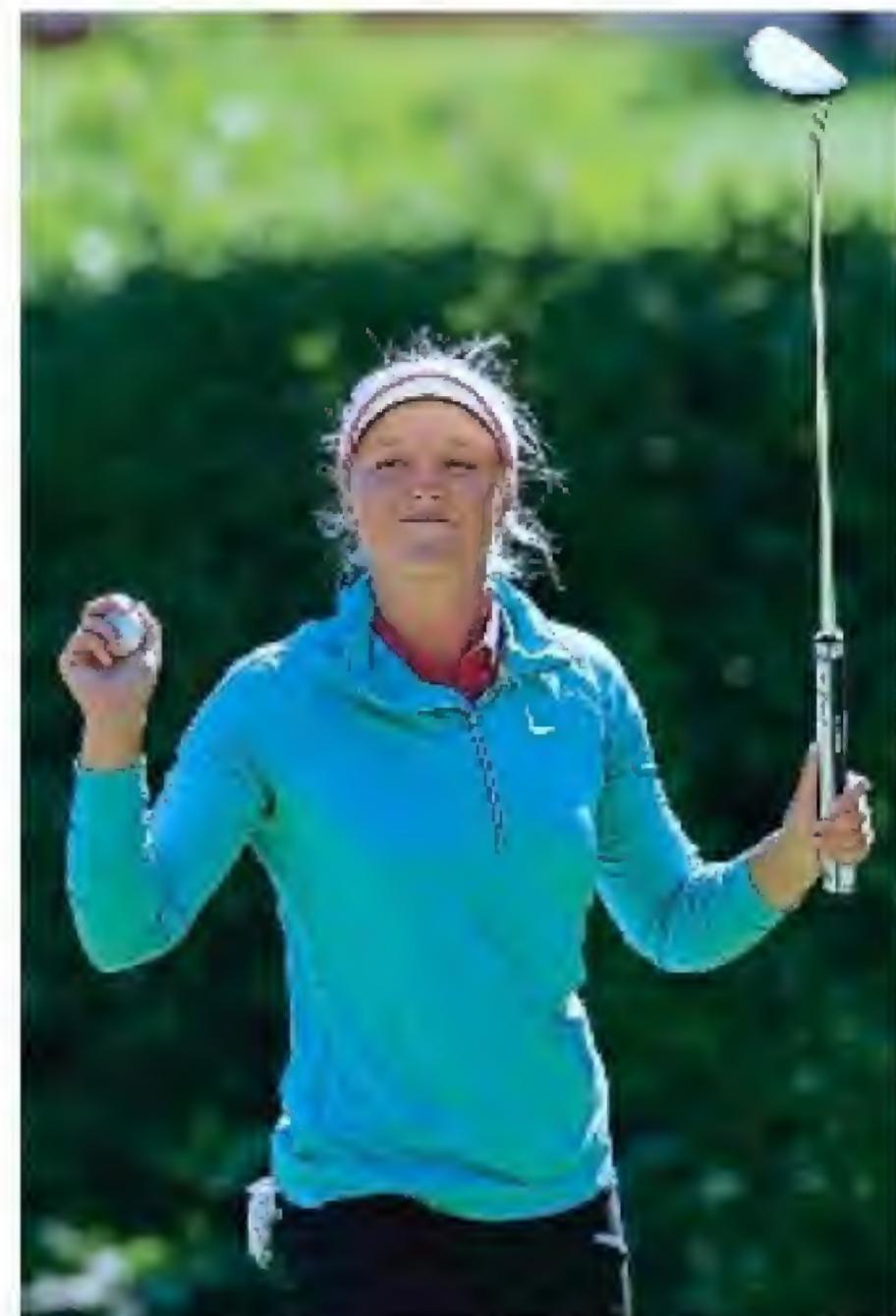
"To repeat and try to defend a championship for the first time and be able to do it is, I think, a really big deal," Henderson said. "Third win on the LPGA Tour is really cool."

Henderson became the first back-to-back winner at Portland since Annika Sorenstam won consecutive tournaments in 2002 and 2003. The 18-year-old is the first wire-to-wire winner at Portland since the tournament went to a 72-hole event in 2013.

Henderson is the tour's second wire-to-wire winner this year, joining Ha Na Jang, who won the Coates Championship in February.

"I didn't really play my best today, but I hit good shots when I needed to and got some good breaks, too," Henderson said. "That's always really nice."

It was Henderson's third career win, all coming in the Northwest. Aside from her two Portland victories, Henderson won the Women's PGA Championship at Sahalee in



Brooke Henderson celebrates winning the Cambia Portland Classic held on Sunday. MICHAEL COHEN/GETTY IMAGES



I didn't really play my best today, but I hit good shots when I needed to. Brooke Henderson

Sammamish, Wash., three weeks ago.

"Getting the major championship win just a couple weeks ago in Washington and knowing that I can win a major championship was definitely a huge momentum changer,"

confidence boost," Henderson said. "And then coming off a win here, I think it's really going to give me a lot of confidence. I know U.S. Open, it takes a lot of skill, patience, and I'm really excited for it."

THE ASSOCIATED PRESS

NBA

Rondo joins Bulls: Source

Rajon Rondo has a new beginning in Chicago, and the Bulls have a new starting point guard.

The four-time all-star agreed Sunday on a \$30-million, two-year deal, a person with knowledge of the negotiations told The Associated Press.

Rondo had at least 10 assists in 51 of his 72 games with the Kings last season, including two games where he finished with 20.

THE ASSOCIATED PRESS

MLB

Jays bats explode in win over Indians

With the Toronto Blue Jays bullpen still reeling from a Canada Day marathon, the club needed another deep outing on Sunday from their starter.

J.A. Happ delivered by pitching seven innings of one-run ball while allowing five hits and striking out a season-high 11 in a 17-1 thumping of the Cleveland Indians. Happ retired 11 straight after allowing a first inning double to Cleveland's Jason Kipnis. The win improved his season record to 11-3 — the

SUNDAY In Toronto

17
BLUE JAYS

1
INDIANS

most wins by a Toronto pitcher before the all-star break since Roy Halladay had 11 in 2008.

Russell Martin and Troy Tulowitzki each hit three-run home runs to spur the offence.

THE CANADIAN PRESS

RECIPE Halibut Tacos with Strawberry Salsa



Ceri Marsh & Laura Keogh
For Metro Canada

This fish taco is lighter and healthier than the deep fried norm.

Ready in

Prep time: 5 minutes
Cook time: 15 minutes

Ingredients

- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions

- Preheat the oven to 450 degrees. Place fish on the

pan and give each piece a coating of oil.

2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.

3. Cook the fish until it's opaque and the meat flakes with a fork (10 to 15 minutes). Wrap a stack of tortillas in a moist towel and place in a casserole dish and cover with a lid or aluminum foil. Place in the oven for 10 minutes to warm.

4. In a bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.

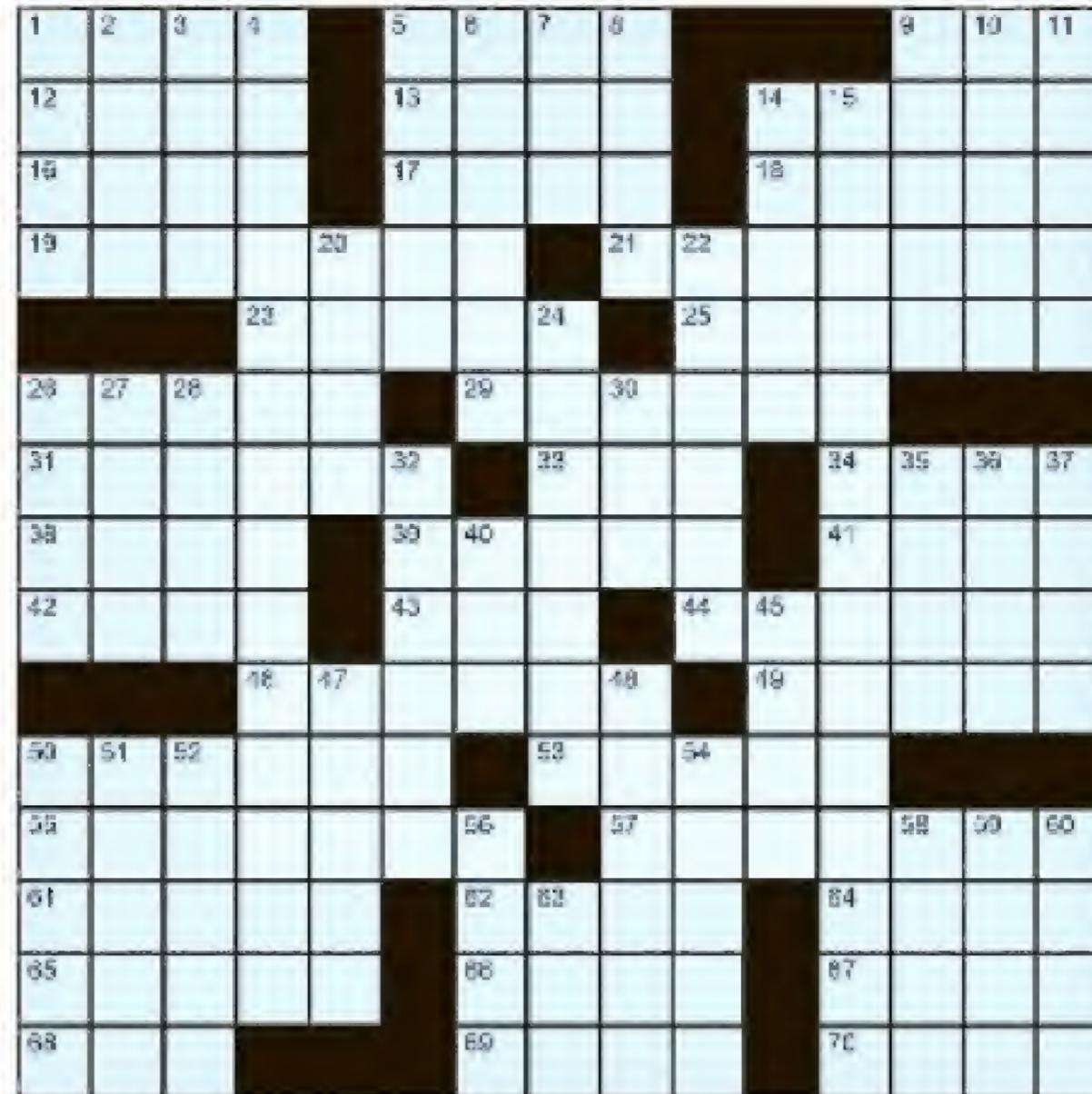
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- City in Normandy in France where Canadians saw action in WWII
- Stupefy
- Evita's land, for short
- Mr. Nova (Canadian singer/guitarist)
- One of Frank Sinatra's kids
- Khloe K's on-again-off-again beau
- Mork's greeting, partially
- Perched on
- French writer Mr. Zola
- Hard labour
- "Roxy Roller" by Canadian band _Todd
- Venerated vilager
- Throughout
- Extract metal from ore
- Mount Parnassus overlooks this 'oracle' city in Greece
- Lionel Richie and Adele hit titles
- Agnes _ (Lamb of God)
- Kind of fish
- Strait of Belle _
- Space object
- Chill
- Flowers displayer
- "_ Tree Hill"
- Baseball game division
- Felix _ Canadian electronica producer
- "_ of God" (1985)
- Breakfast _
- Trunk
- "Hang in there!"
- Justin _ (Nanaimo, British Columbia born star of the show at #15-Down)
- Dispatch boat
- Travelling
- Arctic _ (Northern-hopping critter)
- "Dracula Has _ from the Grave" (1968)
- Serene
- Doctrines
- Cup of Earl Grey stirrer
- Leg point
- Discuss



DOWN

- Isn't able
- Banned orchard spray
- John Diefenbaker's first wife
- Nova Scotia _ en français
- Formally boring
- Like Sirs and
- Dames
- Card game
- Falls asleep at work
- _ acid
- Stethoscope sounds
- "_ Anatomy"
- Bloodsucker
- Grant Wood paint

ing of 1930 sharing the name of a new show on Global TV: 2 wds.

- _ sax
- Elk
- Beef, for example: 2 wds,
- Switchblade
- Colorado's _ Verde National Park
- Building wings
- Tommy Jones link
- Gets goals
- Once more ...Western film style
- Old Scandinavian symbol
- Nails down
- Gravenhurst's prov.
- Shuttle mission org.
- Airplane: French
- Vicinity
- Isolated
- Mr. Strauss' pants
- Coffee _ (Canuck treat)
- Emulate Drake in song
- Fasten to the bulletin board
- Lauder
- "_ la Douce" (1963)
- 'Building' in the branches
- Obi _ Kenobi

15. Conceptis Sudoko by Dave Green

Every row, column and box contains 1-9

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8	1			7	6
2			1		8

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*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the best day of the year to think about how you can improve your home. Also, what can you do to improve your relations with family members?

Taurus April 21 - May 21
Think about your style of communicating with others today. What can you do to have clearer communication with everyone?

Gemini May 22 - June 21
Today's New Moon is the only New Moon all year urging you to think about how to better handle your money and your belongings. Do you take care of what you have?

Cancer June 22 - July 23
Take a realistic look in the mirror and ask yourself what you can do to improve the image you create in your world. How can you look better in the eyes of others?

Leo July 24 - Aug. 23
This is a good day to think of your spiritual values. Each New Moon is a chance to make resolutions about how to improve your life.

Virgo Aug. 24 - Sept. 23
Are you happy with the friends you have? Remember that your friends will influence your mind, which makes the choices that create your future.

Libra Sept. 24 - Oct. 23
This is the only New Moon all year urging you to examine your relationship to authority figures — parents, bosses, teachers and VIPs. How can you improve these relationships?

Scorpio Oct. 24 - Nov. 22
What further education or training will help you in your job? What travel might help you to expand your world?

Sagittarius Nov. 23 - Dec. 21
What can you do to work to get out of debt and feel more financially secure? This is the perfect day to ponder this and decide to take action.

Capricorn Dec. 22 - Jan. 20
For a relationship to be successful, you must be as good for your partner as he or she is for you. Do you have this kind of relationship with your partner or a close friend?

Aquarius Jan. 21 - Feb. 19
What can you do to improve your health? Likewise, what can you do to improve your job or how you do your job? Today's New Moon is the perfect day to think about this.

Pisces
Feb. 20 - March 20
It's important to play as well as work. Today's New Moon urges you to consider the balance you have between play and work in your life. Is it a healthy balance?

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